WHAT IS CLAIMED IS:

- 1. A back light module, comprising:
- a frame;

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- a reflector disposed on a bottom of the frame;
- at least a light source disposed over the reflector;
- a diffusion panel disposed on the frame and also over the light source, wherein a thickness of the diffusion plate is between 4.1 mm and 15 mm; and
 - a plurality of optical films disposed on the diffusion plate.
- 2. The back light module of claim 1, further comprising at least a supporting component disposed in between the reflector and the diffusion plate.
- 3. The back light module of claim 1, wherein the light source comprises either at least a tube or at least a light emitting diode (LED) light source.
- 4. The back light module of claim 1, wherein the optical films comprise a plurality of brightness enhancement films or a plurality of prism films or a combination thereof.
 - 5. A liquid crystal display (LCD), comprising:
 - a liquid crystal display panel; and
 - a back light module, comprising:
 - a frame;
 - a reflector disposed on the bottom of the frame;
 - at least a light source disposed over the reflector;
- a diffusion panel disposed on the frame and also over the light source, wherein the thickness of the diffusion plate is between 4.1 mm and 15 mm; and
 - a plurality of optical films disposed on the diffusion plate.

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- 6. The back light module of claim 5, further comprising at least a supporting component disposed in between the reflector and the diffusion plate.
- 7. The back light module of claim 5, wherein the light source comprises either at least a tube or at least a light emitting diode (LED) light source.
- 8. The back light module of claim 5, wherein the optical films comprise a plurality of brightness enhancement films and a plurality of prism films or a combination thereof.